The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME VIII WINTER 1952 1

Cesura At New Years

According to a gifted reporter, Donald Culross Peattie, an old Scientist of Gottingen was wont to sit down ceremoniously at his desk to begin each new year of work while the stroke of twelve still vibrated his tympana. But the reporter, as you and I would do, confessed to a greater indolence.*

New Year's for most men warrants a thoughtful pause instead of action. For those nearing the waning quarter of life's span, according to Reporter Peattie's line, the darkness and the chilling sleet that may usher in the new dawn, "will speak a little of death... the soul will demand its ultimate answers, or if it have them not, it will know where lies the hope of man?"

Medical celebrants of the New Year who have followed many patients into the 'Valley of the Shadow' without hesitation and without thought of their own final visits may well pause to ask a few questions of themselves. The same old reckless physical transgressions may bother some since their fellows continue to drop prematurely from the ranks. Perhaps those neglected opportunities for friendly cultivation of professional and social relationships, — the hands withheld from younger or less fortunate brother practitioners, may stir belated twinges of remorse. But more arresting still, does the sense of helplessness in the face of billions squandered and pilfered, the Nation throttled by selfishness and strife, make individual effort look too puny to hold any hope for man?

Mentor Peattie insists that "man's hope is in himself," though... "God may be the font of all resource man finds within himself... No," he says with finality, "I say, man's hopes like his faults, are not in his stars, but in himself, and not alone in our rare noblemen who live or die that others may the better live, but in the whole blood brotherhood with all its scars and weals".

Thanks again Culross for the timely reminder that God's wonders do not work unless man does his part however feeble it may seem. I wonder, though, if seventeen more years of trial and error since your words first froze in printers ink have not caused you to shift the emphasis more on God's part, just as you yourself in voluntary exile rediscovered the merits of the Country that gave you birth and that gives you inspiration now in spite of all shortcomings.

As for me, I need help, — and HOW!

S. Q. Lapius

*See "Medical Reader" in this issue.

M C M L I I

Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult." —Hippocrates, 430 B.C.

This Issue 500 Copies

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THE DOCTOR AND POLITICS

This questionable Sam Goldwyism was culled from a recent number of Quick* as our text; 'Every man loves his native land, — whether he was born there or not'; and from the same issue Paul G. Hoffman's assertion: 'I would prefer to know what a man is for rather than against'.

With evidence on every hand uncovering such large numbers of fellow citizens both new and old who are plundering our land and selfishly accelerating the pace of inflation that promises disaster for us all, love of country seems sadly out of fashion in 1952. 'I might as well take mine before somebody else does', is the favorite slogan of the present. The Massachusetts Blue Cross, remember, was well nigh bankrupted by the chiselers who hopped off the band wagon with tonsils out and babies delivered. What can be said in defense of so-called practical politicians that spend public funds so lavishly and in addition take the graft as a prerequisite of power? First we had the New Deal to usher in a new day, then the Fair Deal, and now it is the Misdeal or the Rotten Deal, as you wish.

Just who is to blame for this resurrection of Pendergasty? No, your're wrong, not Harry, but you yourself are to blame who voted for him knowing only too well his limitations.

You left it to George! What can be done in this depressing situation? Obviously no rebirth of patriotic fervor can begin at the top. It is up to us as individuals. That is where the Doctors come in, — the Dentists too, the Lawyers, and even the candle-stick makers. Too long they have stood aside from the hurly-burly of the market-place and let the professionals tend to politics. Each citizen must take his part in saving from destruction the country he loves. From the experienced lips of the Boston Herald's Bill Cunningham, who gets around, come words of encouragement. If any town was sunk in the political morass, surely it was Boston, the Athens of America, until very recently. Mayor Hynes, Bill says, is giving the Metropolitan District good government, thanks to the organized effort of a group of perturbed citizens. If it can be done in spite of James Michael Curley and his cohorts, a similar turnover is possible anywhere.

Hence the world must know where each one of you stand, for or against good government. Also, we would like

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to know that you are willing to do your part, at least to the extent of working and voting intelligently. That is the real test of patriotism.
*December 10th, 1951

RICE DIET NOTE

The Executive Committee has voted that hereafter any fellow who signifies his intention to attend a dinner meeting of Hampden District Medical Society, who later finds he cannot attend, and who fails to notify the secretary of the change by noon of the day of the dinner, shall be charged for the dinner.

NEW YEAR'S RESOLUTION FOR THE SPEAKERS BUREAU

The New England Post Graduate Assembly has become an important annual event to an increasingly large number of physicians, shedding new light on old problems and bringing the busy general practitioner up to date on the more recent contributions to medicine. One comes away from those meetings with the greastest admiration for the program committee, whose task it is to select the subjects of greatest interest for a gathering representing every type of practice and to present them in capsule form in the short space of four days.

We could wish that a better meeting place could be found than the stuffy hotels of Boston. A large enough auditorium should be available near the hospitals, so that the demonstration of cases, essential to an adequate presentation of the subject, can be provided in a proper setting. The physician today demands not only X-rays and charts but he wants to see the patient and when possible a demonstration of the therapy. This was attempted in Boston on a very limited scale. As compared with the Interstate Postgraduate sessions, where it is the custom to demonstrate methods of treatment on stretcher, wheelchair or ambulant cases, the difference was marked. And yet with the wealth of material in Boston, we ought to be able to offer as good a program of practical instruction as can be found anywhere.

We have a suggestion to make which we believe is important to the value of any medical assembly, and this concerns the speakers. We have all sorts of speakers at the different medical meetings, most of them poor in elocution. It is a mystery to us why this should be. When a man (or a woman) reached a point in his profession that he (or she) is invited to address various medical organizations, an obligation to state cases in a clear and effective manner should be a routine requirement. Too often the speakers voice drops at the final words of the sentence, or he turns his head. As far as those in the rear of the hall are concerned, he seems to be having a soliloquy. If questions are asked from the front, the answers often are given in so low a tone that they are lost to those in the back rows. For some reason or other though microphones are available, very few speakers know how or else do not wish to use them. A few lessons in public speaking would do much to improve the value of our meetings. Once in a while we do have a speaker who really sparks his audience, but the occasions are few and far between. Wouldn't it be a good New Year's resolution for all lecturers to our medical meetings, to do their audiences the courtesy of learning how to present their subject in clear and and incisive speech?

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Dear Hippocrat:

Dec. 11, 1951

The American Diabetes Association announces the inauguration of its new bimonthly scientific Journal, DIABETES. The first issue of this periodical will be dated January-February 1952, and will appear in mid-January.

DIABETES will place before the medical profession the latest information concerning diabetes and related aspects of medicine, and will also serve as the official publication of the American Diabetes Association. It will supplant the organization's annual PROCEEDINGS and its quarterly DIABETES ABSTRACTS, both of which have been published for the past ten years. The Abstracts will be continued as a special department in the new Journal, and essential organization data heretofore appearing in the annual volume will likewise be included in the publication.

The Journal will be edited by Frank N. Allan, M.D., of the Lahey Clinic, Boston Mass., First Vice President of the American Diabetes Association. He will be advised and assisted by a distinguished Editorial Board under the chairmanship of Charles H. Best, M.D., of the Banting and Best Department of Medical Research, University of Toronto, Toronto, Ontario, co-discoverer of insulin.

Members of the American Diabetes Association will receive DIABETES as a part of their membership prerequisites. Non-members living in the United States and Canada may subscribe for Nine Dollars per year; for those living elsewhere the rate is Ten Dollars per year.

Communications concerning subscriptions should be addressed to the Subscription Department; general correspondence and manuscripts for the consideration of the Editors should be addressed to the Editorial Offices, DIABETES, American Diabetes Association, Inc., 11 West 42nd Street, New York 18, New York.

Many thanks for your cooperation in publishing this announcement.

John A. Reed, M. D.
Secretary

HOT FLASH

God knows that politics are intricate and that the brain and heart of man are small organs often pulsating as wildly as the wings of a linnet in a snare. But if we do not become more enraged by great wrongs, we shall never have the spirit to achieve great rights.

Harold Nicolson in a letter to Lady Asquith. From "Off the Record." N. Y. Times Book Review. Oct. 21, 1951.

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ON THE BOARDS

Since the advent of the grade A and certified milk, we have been beset with approval by Good Housekeeping, various institutes and now in medicine, the American Boards.

Present board members are made up of three groups.

1. The senile, those who were in practice in their specialty before a certain year, regardless of their training, or ability.
2. The pre-senile — those with unorthodox training practicing before a later year who often thru friendship are passed in an examination, or invited without examination.
3. The embryos fresh from hospital training of varying quality (e. g. state hospital care of the insane is considered adequate training for private practice in psychiatry where less than 10% are insane.) In some cases graduates of unapproved medical schools pass examinations, or several retakes and are transformed into seasoned specialists.

Yes, in twenty five years, we may look upon the Boards as a step in the right direction, unless the grovernment interposes with an indelible stamp of choice or prime. Until that time, let us not "go overboard" on Boards.

HOT FLASH

from recent
Science News Weeklies

Cornell's new idea is a clinic for comprehensive medical care where senior students ("Cub doctors") may be taught concurrently medicine, pediatrics and psychiatry. The Commonwealth Fund is financing this attempt to improve medical teaching; — also Columbia's Institute of Administrative Medicine for would-be administrators of hospitals, public health departments and pre-payment plans.

DISTAFF DOINGS —

The Women's Auxiliary to the Hampden District Medical Society held a Christmas Tea on December 4th in the home of Mrs. James A. Seaman, 6 Farmington Ave., Longmeadow, Mass.

Hostesses were Mrs. Frederick S. Hopkins, Mrs. John Turner, Mrs. Joseph Baker, all of Springfield, and Mrs. Edward Halton of Holyoke.

Mrs. Samuel Potsubay, Mrs. Lawrence Putnam, and Mrs. Joseph Zielinski, all of Holyoke, and Mrs. Charles Diamond of West Springfield, poured.

In the receiving line were Mrs. Roger Cheney, President; Mrs. Martin Gaynor, Vice-President; Mrs. H. H. Shuman, Treasurer; Mrs. James Visconti, Recording Secretary; and Mrs. Wayne Barnes, Corresponding Secretary.

Mrs. Stanley Stusick and Mrs. Walter Williams arranged and presented a musical program.

Mrs. A. A. Palermo was Chairman of the affair and Mrs. Myles Illingworth and her committee were in charge of refreshments.

The group is planning a fashion show to be held in the Longmeadow Community House on February 7th which will be open to the public. The proceeds will be used for the Nurses' Endowment Fund.

HOT FLASH

from recent
Science News Weeklies

Thank Jan Petri of the American Optical Company for inventing a pump that will propel a pint of blood into a recipient in one and one-half minutes (vs 40) and so save lives already expended in major hemorrhages.

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GOOD DOCTORS

Occasionally, when families are leaving this area we are asked to furnish the name of a "good" doctor in a distant city. You, a physician, find this to be no easy problem. Small wonder that the laity is perplexed. They seek your advice feeling that you are a person of integrity and that you will direct them to someone with this and other suitable qualities.

Your first inclination is to recall a medical friend in the community in question for referral or advice. No luck! Out come the directories.

Age — not too old or too young, medical schools, post graduate training, hospital and medical school affiliations, medical societies and board membership, all are considered, even his social and financial status.

With misgivings, you select a name and await your patient's experience with him.

Two things are missing in directories — personality and integrity — the very things your patient is seeking. From these flow faith in honesty, judgment, insurance of proper care and fair treatment.

With the universal decline in the moral code, or standards, medicine has probably suffered least, but can ill afford to suffer at all. It is too much our stock in trade.

It has been my practice to secure the names of some outstanding surgeons and ask them to name some suitable physician. He and the pathologist seem to have unusual insight as to qualifications. How do you handle this situation?

HOT FLASH

The New Yorker's Town Talker has confirmed a long-held suspicion, 'that Harvard crimson is a bit on the purple side of red'. Polychromatophilic.?

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HOT FLASHES

from recent
Science News Weeklies

The American Red Cross has replaced, with the approval of the Department of Defense and the National Research Council, the Schafer method of resuscitation with the following developed by Holger Nielsen in use for 20 years in Denmark that provides twice as much ventilation of the lungs: (note: **start at once, seconds count.)**

1. Prone position; bend subject's elbows, place his hands one upon the other and face (turned) on them.

2. Kneel at head, facing subject; place hands on shoulder blades, thumbs touching, spread fingers downward and outward.

3. Rock forward till arms are vertical and press down to force air out of lungs.

4. Release pressure without final thrust and rock slowly backward. Grasp subject's arms above elbows and draw them up and toward you with just enough lift to feel resistance. Then drop arms gently to the ground to complete the cycle. Repeat twelve times per minute at a uniform rate with smooth rhythm. (Note: Drainage should be good; head extended, jaw forward, passages free.)

* * *

There is as much difference between a heterogeneous character a man adopts and his real character as there is between a mask and a countenance of flesh and blood.

Jean de la Bruyere, in "Characters."

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THE MEDICAL READER

It was Aristotle himself who asserted that "He who sees things grow from the beginning, will have the best view of them." What better authority could a medical or any other reader cite, or more appropriate advice receive for guidance in biological studies? The quotation was used by Donald Culross Peattie to launch his 'Almanac for Moderns' in 1935, (G. P. Putnam's Sons, New York, 396 pp.) before he wrote 'Singing in the Wilderness' and 'Journeys into America'. By now many readers of the Hippocrat must have made a bedside companion of the 'Almanac', which is more than can be said of any work of Aristotle. Mark Van Doren suspects it of being a 'classic'. The inspiration of each brief daily essay on frog eggs, birthday boys, or skies heavy with unshed snow, should dispell any doubts in the matter. Read the other items too and beg for more!

A recent addition to biological literature stands out above many others that deal with immaturity, namely, 'Understanding Your Son's Adolescence' by J. Roswell Gallagher, M. D. (Little Brown and Company, Boston 1951, 209 pp.) For twenty years the author lived and worked with boys as School Physician at Phillips Andover Academy. Just recently he was chosen to take charge of the Adolescent Services at the Children's Medical Center, Boston, and to teach Child Health as Assistant Professor, Harvard School of Public Health. Dr. Gallagher attempts to develop (and succeeds) a point of view that, with the details provided, will greatly help in the understanding of boys as individuals — rather than problems. The cases cited are convincing proof that 'there is no such animal as the average boy'. Do you understand yours, whether or not they are your students or your own flesh and blood? The book is written for the citizenry at large and especially those who handle the perturbed youth of our land. But this practical little treatise that focuses attention on the questions that too frequently are left for 'George' to answer, should help physicians too.

Readers who are interested in the world's great art, the geniuses who create materpieces, and the greater number who enjoy searching out world history through the lives and works of those in the process making the actual records will do well to indulge their desires in Lion Feuchtwanger's new historical novel 'This Is The Hour' (The Viking Press, New York, 1951; pp 516.) Francisco Goya, who achieved a ranking in Spanish painting equal to that of his celebrated compatriot Cervantes in literature, comes to life in all his peasant strength and vigor. (That he needed both will be apparent when the willful Duchess of Alba enters the scene, — 'chatoyant' does not begin to describe this high-born maja who played havoc with Spaniards in general and their contemporary history.) With amazing ability the author senses Goya's creative impulse conceiving and painting his masterpieces. He recreates for us this important figure against his eighteenth century background, and convincingly demonstrates why

> "... It must be Francho, that you cast some sort of spell upon the people"

Would that history might be made as vivid for younger students by similar methods of Lionizing that makes this 'Hour' memorable for us postgraduates.

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